

Children of Divorce Intervention Program (CODIP)

Brief Program Description

The Children of Divorce Intervention Program (CODIP) is a supportive, small group preventive intervention designed to reduce the stress of family transitions and foster children's resilience and healthy adjustment to changes in family structure. The program helps children identify and express feelings, share experiences, form bonds with peers, enhance positive perceptions of self and family, and increase their capacity to cope with challenging changes associated with divorce. The program's five main goals are to--

- Foster a safe, supportive group environment
- Facilitate the identification and expression of divorce-related feelings
- Promote understanding of divorce-related concepts and clarify misconceptions
- Teach effective coping and interpersonal skills
- Enhance positive perceptions of self and family

The structured, sequential, 12- to 15-session intervention is co-led by mental health professionals. Four different CODIP curricula are tailored to the developmental needs and emotional reactions of children from kindergarten through 8th grade. Each curriculum has been field tested and carefully evaluated with children of different ages and sociodemographic backgrounds. The program's effectiveness has been demonstrated in six different controlled studies with children in urban, suburban, and rural settings.

Teachers rated CODIP children as having better overall school adjustment, less anxiety, greater improvements in their ability to be appropriately assertive, follow rules, get along well with peers, and tolerate frustration than children in a control group. These improvements, and others, were still evident in a followup study 2 years later.

Program Development Support

The Children's Institute, the William T. Grant Foundation, the New York State Department of Education, Integrated Mental Health, and the Mental Health Association of Rochester, NY all supported the development of the Children of Divorce Intervention Program.

Contact Information

For indepth information on this program, please use the contact listed below.

JoAnne Pedro-Carroll, PhD Center for Community Study University of Rochester
jpedrocarroll@childrensinstitute.net 575 Mt. Hope Avenue Rochester, NY 14620 Phone:
(585) 295-1000 Fax: (585) 295-1090 Email: jpedrocarroll@childrensinstitute.net

Program Developer

Dr. JoAnne Pedro-Carroll, Ph.D.
The Childrens Institute
274 North Goodman
Suite D103
Rochester, NY 14607
Phone: (585) 295-1000 ext 264
Fax: (585) 295-1090
Email: jpcarroll@childrensinstitute.net